

Russell, Lake Erie win Battle ‘E’ Award

Ensign Teresa Donnelly
USS Russell (DDG 59)
and *Navy Region Hawai'i Public Affairs*

On Feb. 16, Pearl Harbor-based ships USS Russell (DDG 59) and USS Lake Erie (CG 70) were announced as winners of the 2006 Battle Efficiency, or Battle ‘E’ award.

The Battle ‘E’ is awarded annually to ships that demonstrate the highest state of departmental readiness in their group, and their ability to execute their wartime tasks.

“Of all the awards given in the course of a year, this award perhaps more than any other signifies the mission readiness of the ship on a day-to-day basis,” said Rear Adm. C.W. Martoglio, Commander, Carrier Strike Group Seven.

Russell is currently on a surge deployment with the USS Ronald Reagan Strike Group in support of maritime operations in the Western Pacific (WESTPAC) Region.

Serving as alternate air defense commander during its 2006 WESTPAC deployment, Russell expertly controlled for more than 100 hours with three different carrier strike groups. During this same deployment, Russell’s Tomahawk team performed more than 30 exercises at the strike group and fleet levels.

Many different divisions onboard made significant contributions to Russell’s superior level of readiness resulting in this prestigious honor. A safety survey in 2006 rated Russell’s gas free program as “best maintained” on the waterfront.



Last year, engineers worked to perfection by conducting more than 400 evolutions and 200 casualty drills in preparation for its unit level Training Inspection. On Russell’s last deployment, the main propulsion division replaced Russell’s gas Turbine Generator with little outside assistance. This gave the ship the ability to meet all operational requirements during this time period.

Gas Turbine System Technician

(Electrical) 3rd Class Randy Pascual, who assisted with the replacement of the gas turbine generator during Russell’s WESTPAC 2006, said, “It’s a great honor to be recognized. We worked hard and made sacrifices and I’m glad that our team can see that it was appreciated.”

According to CMDCM (SW/AW) Herbert “Mack” Ellis, Jr., USS Lake Erie’s command master chief, “Our Sailors understand that we can

accomplish more together and that there is no “I” in team aboard Mighty Ship Lake Erie. Without a strong team, it would be difficult to accomplish our primary purpose in preparing for combat and fighting to win decisively if called upon,” said Ellis.

“The importance of our Sailors working together cannot be emphasized enough. We must continually ask ourselves what can we do for our ship and shipmates, and not what can

our shipmates do for us. Lake Erie will always be prepared for the unexpected and will always take care of our most valuable asset, “Our Sailors.” Mission is priority one. People are asset one,” Ellis added.

“Winning the Battle ‘E’ clearly demonstrates Lake Erie’s sustained superior performance in an operational environment. I’ve been on active duty for more than 22 years, served on five different ships and this is my first Battle ‘E’ which is more than special to me. This award is a testament of the pride, hard work, and dedication our crew has provided day to day. Every Sailor onboard can walk with their head up high, knowing that this award was well deserved through our daily efforts,” Ellis concluded.

A ship’s sustained superior performance in five different areas contributes to the award. These areas are maritime warfare; engineering and survivability; command, control, communications and information warfare; logistics management and type commander’s safety award.

Capt. R. M. Hendrickson, USS Lake Erie’s commanding officer, said he is proud of his Sailors and ship. “It is a privilege to serve in the greatest Navy in the world, on a great warship with an exceptional crew, and to be stationed in the “best homeport in the Navy” – Pearl Harbor is extra special. As Oliver Hazard Perry said at the end of the Battle of Lake Erie – “We have met the enemy and they are ours.” The warriors on Lake Erie are driven by that warrior ethos, and our foundation - Don’t give up the ship!”

Sailors celebrate Black History Month

Story and photo by
MCSN Paul Honnick

Public Affairs Center
Detachment Hawai'i

Sailors took time to pause and remember the contributions African-Americans have made to society Wednesday at Sharkey Theater at Naval Station Pearl Harbor, Hawai'i.

Distinguished guests including Alphonso Braggs, president of the Honolulu branch National Association for the Advancement of Colored People, and Capt. Willie L. Metts, commanding officer of Navy Information Operations Command, spoke at the event.

“A core component of why we’ve made successes in our Navy has been the contributions of all persons served,” said Braggs.

Braggs and Metts reminded Sailors of some of the many contributions black Americans made to this country.

“It is very important to be able to continue to understand history and understand what contributions black Americans have made to the history of our country as we continue to enforce diversity,” said Metts.

Braggs and Metts also spoke on the importance of diversity in the Navy and in society.

“We’ve had contributions by persons of all ethnicities and it’s been the combined efforts of those individuals that have made us successful and continue to make us successful at home, abroad and at sea,” said Braggs.

Dozens of Sailors from various commands around Hawai'i attended the event.

One of those Sailors was Engineering Aide 1st Class (SCW) Lole D. Chamberlin



Artist John H. Nichols poses with Navy Counselor Senior Chief (SW/AW) Gillian A. Guy next to his African-American inspired artwork. “Each one has a story of it’s own,” said Nichols. Nichols displayed his work at the Sharkey Theater as part of Black History Month. Black History Month has been celebrated every February in the United States since 1976.

who read a narration by a young black slave whose parents were sold off and separated.

“The way we perform our duties is a direct reflection of where we’re from and who we are,” said Chamberlin.

“Recognizing cultural and ethnic diversity is very important. Although we have different cultural and ethnic heritages, we all share one single Navy heritage,” Chamberlin added.

“It’s important that we all understand each other’s cultures,” said Capt. Taylor W. Skardon, chief of staff, Commander, Navy Region Hawai'i, and commanding

officer, Naval Station Pearl Harbor. “Black History Month gives us a time to pause, review and learn about the contributions that black Americans have made to our country.”

The event also included an emotional performance of “Amazing Grace” by Marika L’Amour.

Black History Month was started in 1976 by the Association for the Study of African American Life and History.

Black History Month is celebrated every February in the United States to recognize the contributions of African-Americans to this country.



Capt. Randall Hendrickson, commanding officer, USS Lake Erie (CG 70), and Fire Controlman 2nd Class Harold Granberg, brief U.S. Army chaplains from U.S. Army, Pacific (USARPAC) on the capabilities of the Phalanx Close In Weapons System (CWIS) during a visit to the ship. More than 60 U.S. Army chaplains and chaplains’ assistants from USARPAC visited Lake Erie as part of the annual USARPAC Command Chaplains’ Conference, which stressed the growing importance of working with the Navy in a joint service environment.

Army chaplains visit USS Lake Erie

Story and photo by
MC1 (AW/SW) James E. Foehl

Navy Region Hawai'i Public Affairs

A group of more than 60 chaplains and chaplains’ assistants from U.S. Army, Pacific (USARPAC) visited the Aegis-class, guided-missile cruiser, USS Lake Erie (CG 70), during a tour Feb. 14 on board Naval Station Pearl Harbor.

“It’s an opportunity to see how religious ministry is conducted on board ships and the dynamics of shipboard life so we can understand what [Sailors] go through. The more we understand, the better we’re able to work together and working together is the key to this global war on terrorism,” said Col. Chip Fowler, U.S. Army Pacific command chaplain.

The ship visit, which was part of an annual USARPAC Command Chaplains’ Conference, was used to stress the growing importance of working with the Navy in a joint service environment.

“It’s a joint environment that we’re [working] in. I had a number of both Navy and Air Force chaplains, chaplains’ assistants, and religious program specialists who worked on my staff in Bagdad,” said Fowler.

Recently returning from a deployment to

Bagdad as an individual augmentee (IA) for religious ministry teams of U.S. Army V Corps and Multi National Corps - Iraq, Religious Program Specialist 1st Class Michael Hill served as a noncommissioned officer in charge of the units which provided religious services to U.S. and coalition forces throughout the area of operations.

“The language may be different, the uniform may be different, but we basically do the same thing. We’re moving toward a joint service environment, especially in Iraq and Afghanistan,” said Hill.

Sgt. Maj. Boris Bolanos, USARPAC’s senior chaplains’ assistant, invited Hill to speak during the annual USARPAC Command Chaplains’ Conference and share his experience of successfully embedding with Army units as a chaplain’s assistant.

“He has a wealth of experience working with the Army and integrating into [their] religious support operations teams in Iraq. I think it would benefit our chaplains’ assistants to learn about the culture of the Navy and what the Navy needs to know about the Army,” said Bolanos.

According to Bolanos, future manning documents for the Army state that elements from both the Navy and Air Force will be embedded into Army operational command posts.



Military teams take part in Great Aloha Run See page A-2



One time exemption for select first class officers See page A-4



Sailors win dream date with NFL football cheerleaders See page A-7



Counting ‘gentle giants’ See page B-1

Military teams participate in 23rd annual Great Aloha Run



Admiral William Fallon, Commander, U.S. Pacific Command, addresses the service members in the ‘Sounds of Freedom’ division just prior to the start of the race. More than 500 Sailors joined nearly 18,500 runners and walkers participating in Honolulu’s 23rd Annual Great Aloha Run. The run spans more than eight miles from downtown Honolulu and finishes at Aloha Stadium. The course takes participants past Naval Station Pearl Harbor, the Arizona Memorial and Ford Island. Over the years, the Great Aloha Run has raised more than \$6.8 million for local, Hawai’i-based charities.

Story and photos by
MC2 (AW/SW) Justin Nesbitt

Public Affairs Center Detachment
Hawai’i

Every Presidents’ Day for the past 23 years, several thousand people have converged on downtown Honolulu in the early predawn morning for one amazing event, the Great Aloha Run.

The runners stand around what are normally very busy streets, with plenty of smiles and laughter in anticipation of the sound of the starting gun.

Traditionally, the first runners out are active duty military in what organizers have named the “Sounds of Freedom” division. Service members and their families complete the eight-mile plus run in formation and shout cadences loudly and proudly. The unit’s philosophy is their ability to accurately estimate the time to complete the course intact. Additionally, great emphasis is placed on uniformity and esprit

de corps.

For one chief serving aboard USS Los Angeles (SSN 688), this race is a special time that both he and his son look forward to each year. Prior to the submarine’s return from a scheduled deployment, the only standing order Chief Machinists Mate (SS) Herman Del Torro gave his son was, “Start getting ready for the (Great) Aloha Run!”

“It’s a wonderful opportunity for my son and me to spend quality time together,” said Del Torro. To others out there who are hesitant about entering the race, Del Torro added, “It’s a lot of fun and anyone can do it. Either walk or run.”

The Great Aloha Run is still going strong after more than two decades and the number of participants grows each year. Over the years, the race has raised more than \$6.8 million for over 100 non-profit health and human service groups throughout the state. Having reached many milestones in the event’s history, one of the most important and crucial for raising

money is the recognition by Runner’s World Magazine as one of the top “100 great road races” in which to participate.

Even for avid runners, the Great Aloha Run is an opportunity for Sailors to increase their skills for any type of running. Cryptologic Technician Collections 1st Class Steven Parnell is one of those individuals.

“At our own command, we do a lot of events and it’s a wonderful way to prep people for the PFA (physical fitness assessment),” said Parnell. “It’s a great event to encourage people to go beyond that three-mile-a-year thing and to exceed at running.”

For those who enjoy running with others, the “Sounds of Freedom” division is a good choice. One Sailor has had the opportunity to run the race both alone and with his unit.

“I enjoyed this year’ race a lot better. I ran it with my platoon instead of by myself,” commented Aviation Support Equipment Technician 3rd Class Jeremy Smith of Marine Aviation Logistics Squadron Two Four at Marine Corps Base Kaneohe – Hawai’i. “It may be a little bit of a slower pace, but it is more motivating and you don’t seem to get as sore and tired.”

After passing the final aid station outside the main gates of the Commander Pacific Fleet compound at the seven-mile mark, runners can see the finish line. Coming up the final hill, Aloha Stadium starts to come into view and music from the Marine Forces Pacific Showband gets louder and louder.

Competitors run into the stadium parking lot, make one more turn into the tunnel, and finish at the 30-yard line of Aloha Stadium. Hundreds of volunteers greet the finishers with bottles of water, bananas and leis made of candy.

The Great Aloha Run is open to anyone and everyone. All ages and abilities are welcome with the main focus on having a good time with friends and family.



Servicemembers in the ‘Sounds of Freedom’ division enter Aloha Stadium through the north tunnel, completing the race.

Hawai'i

NavyNews

Editorial

Physical fitness, healthy lifestyle vital to Sailors’ well-being, mission success

FORCM (SS) Mo Pollard

Commander, Submarine Force, U.S. Pacific Fleet

Since this is my first column, I wanted to start out with a brief introduction. I am FORCM (SS) Mo Pollard, Commander, Submarine Force Pacific master chief. Before assuming my post as force master chief, I served as command master chief on the staff of Commander, Submarine Group Two in Groton, Conn. I’ve also served as command master chief on the COMSUBPAC staff, as well as chief of the boat on the USS Parche (SSN 683), where I completed four deployments. So, how are your New Year’s resolutions going? After viewing many resolution polls, the top



FORCM (SS) Mo Pollard

past May. In the updated instruction, it states, “For members who do not achieve prescribed physical readiness standards by failing to pass three PDA cycles in most recent four-year period, administrative separation is authorized ...” With world events keeping our Sailors busier than ever, it’s easy

resolution is to lose weight or improve your physical fitness. As Sailors, physical fitness is a little more than a resolution; it’s a way of life, especially due to the OPNAV instruction, updated this past May. In the updated instruction, it states, “For members who do not achieve prescribed physical readiness standards by failing to pass three PDA cycles in most recent four-year period, administrative separation is authorized ...” With world events keeping our Sailors busier than ever, it’s easy

to say you’re too busy to work out, especially if you’re on a ship or submarine and space is limited. Well, shipmate, you’re in luck. The Navy recently broke the news - commanding officers have the option to approve elliptical trainers and stationary bikes as alternatives to the run/swim portion of the physical readiness test (PRT). While in port or on shore duty, your local Morale, Welfare and Recreation (MWR) offers a wide variety of activities for you and your families to stay physically fit and maybe have some fun while doing it. Here at Pearl Harbor, MWR offers get-fit programs for adults, teenagers and children and a child-care facility as well. They also have yoga, salsa dance and weight manage-

ment programs as well as personal trainers. In the Pacific Northwest, family fitness aerobics, free-weights and kickboxing are just a handful of programs offered. MWR in San Diego hosts assorted sports lunchtime leagues in addition to spinning, yoga and judo classes - not to mention sport massages and aquatic programs. If you’re in Japan, Yokosuka provides martial arts and lifestyle enhancement programs and in Sasebo, mock PRTs, karate, ballet and aquatic programs are available. Wherever you may be stationed, however, I urge you to check your area’s MWR Web sites for more information and additional classes and programs. Even if you don’t have time to

hit the gym or pool, whether it be indoor or outdoor, the Web site, www.healthierus.gov/exercise.html#everyone, offers solutions to incorporate fitness into daily activities you’re already doing, such as getting a long walk in by parking your car just a little bit further away, walking your dog or even gardening. According to the Web site, being active for 30-60 minutes per day can help you build strength and fitness, relax and reduce stress, gain more energy and improve your sleep, and improve your health. Physical fitness and maintaining a healthy lifestyle is vital to every Sailor’s life, career and well-being. Thanks for giving me the opportunity to address each and every one of you. Have a fit, healthy and happy 2007.



National African American History Month, 2007

A proclamation by the President of the United States

African Americans have been an integral part of America for generations and our nation is stronger because of their contributions. During National African American History Month, we honor the achievements of African Americans and recognize our continued responsibility to strive for equality for all our citizens. With grace and determination, African American men and women have shaped our nation and influenced American life. Frederick Douglass, W.E.B. DuBois, Rosa Parks and Martin Luther King Jr. advanced the cause of civil rights for all Americans and helped change the course of American history. Educators Booker T. Washington and Carter G. Woodson helped break down racial barriers in education to provide opportunity for all people. Americans have benefited from the achievements of scientists like George Washington Carver. Artists such as Pearl Bailey, Ella Fitzgerald and Louis Armstrong inspired Americans and created some of the most celebrated music this nation has ever produced. The theme of this year’s National African American History Month, “From Slavery to Freedom: Africans in the Americas,” recalls African Americans’ long journey to justice and commemorates the courage and persistence of the heroes who called on our nation to live up to its founding promise. A century after African American Soldiers fought for their freedom on the battlefields of the Civil War, African Americans struggled peacefully for their rights in the streets of Birmingham, Alabama and on the Mall in Washington, D.C. Courageous civil rights leaders answered

hate and discrimination with love and dignity, toppled segregation laws, and worked to make America a more just and hopeful nation. All Americans can be proud of the progress we have made, yet the work for a more perfect union is not done. As we celebrate National African American History Month, we reaffirm our commitment to build a society where every individual has the opportunity to achieve the promise of this great land. Now, therefore, I, George W. Bush, president of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim February 2007 as National African American History Month. I call upon public officials, educators and all the people of the United States to observe this month with appropriate programs and activities that honor the significant contributions African Americans have made to our nation. At White House Observance “The theme of this year’s African American History Month is, “From Slavery to Freedom: Africans in the Americas.” ... In America, their first real hope of freedom came on New Year’s Day in 1863 when President Abraham Lincoln signed the Emancipation Proclamation in a room right upstairs. The heroes of the civil rights movement continued the struggle for freedom. And by their courage, they changed laws and opened up the promise for millions of our citizens. Today, African Americans are seizing opportunities gained at great price, and they’re making their mark in this wonderful country in countless ways. We see their character and achievement in the neighborhoods across our nation, and we see it right here in this room – right here in the White House.”

MCPON addresses Chaplain Corps senior leaders

MCCS (SW/AW) Bill Houlihan

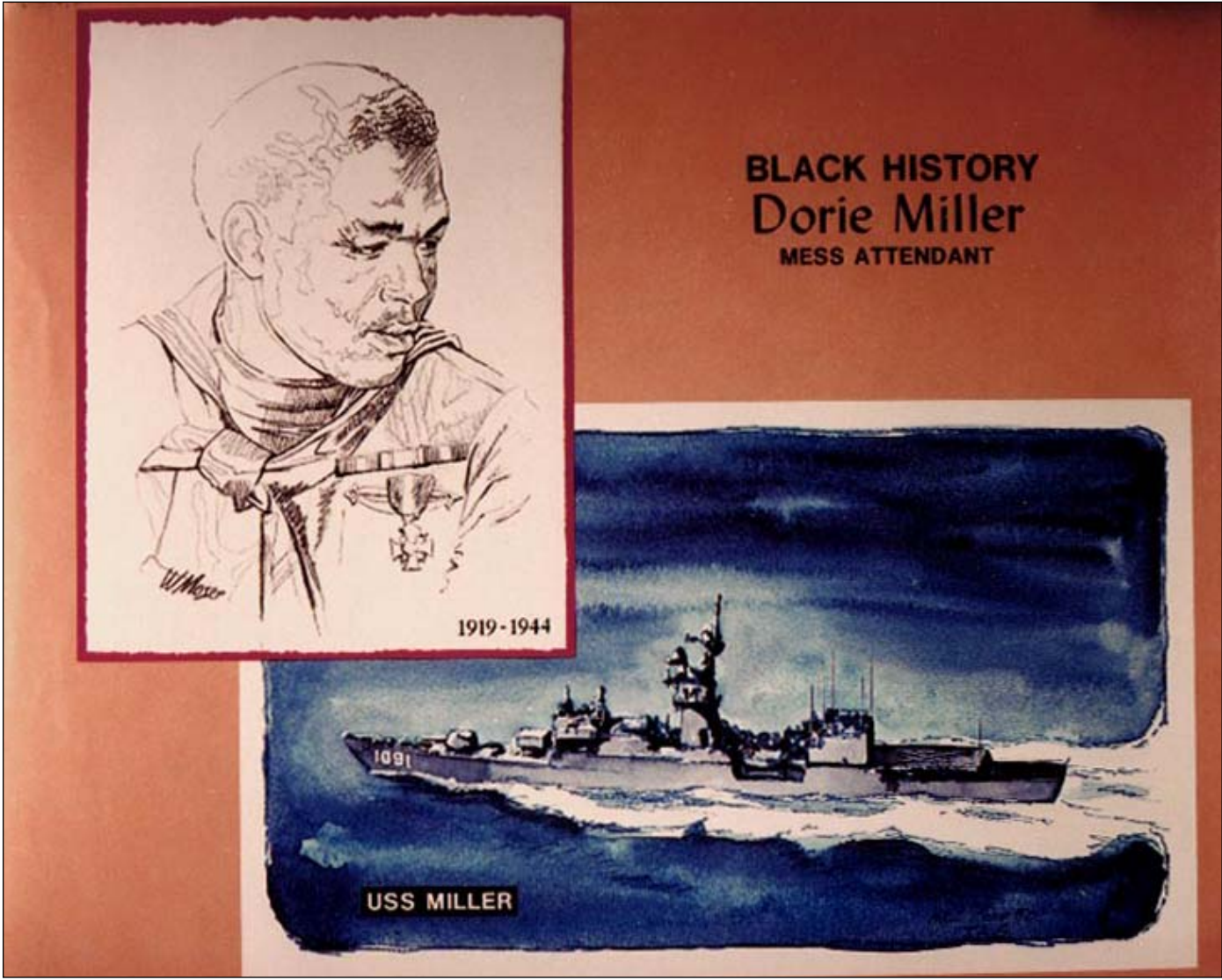
Master Chief Petty Officer of the Navy Public Affairs

Master Chief Petty Officer of the Navy (MCPON) (SW/FMF) Joe R. Campa Jr. addressed more than 150 Navy chaplains and senior religious program specialists (RPs) in San Antonio Feb. 13 as part of the Chaplain Corps’ Strategic Leadership Symposium. Campa, who also spent an afternoon visiting with injured Sailors recovering at nearby Brooke Army Medical Center, stressed maintaining the strong relationship between chaplains and the Navy chiefs’ mess. In his remarks, he said that uncertain times for Navy families underscores the

need for a proactive support network. “In this age of individual augmentees and surge deployments, we need your connection to the Sailors and their families to be stronger than ever before,” Campa said. The Strategic Leadership Symposium is an annual gathering of senior chaplains and RPs that was originally convened to provide senior leaders an opportunity to contribute to strategic initiatives and receive updates from the Navy’s Chief of Chaplains Rear Adm. Robert F. Burt. Campa recently addressed the Congressional subcommittee on quality of life and veterans affairs and echoed many of the same themes to the San Antonio audience. “Our families need to have faith in us as an institution and as fellow

Sailors. They must know in their hearts that our policies are created with their best interests in mind,” Campa said. “As chaplains, you know that your words can inspire and guide our Sailors. As officers and chiefs, you also know that it is our actions that will make the difference in the lives of the men and women who make up the Navy family.” Campa stressed that one of his primary concerns is that families disconnected from fleet concentration areas while their loved ones are deployed don’t know of the services available to them. He asked the chaplains to make a renewed effort to ensure these families are well supported. The conference, which ran from Feb. 12-14 featured a theme of “Drawing on the Past and Planning for the Future.”

Navy poster honors Doris Miller



A ‘Black History’ poster featuring Navy Cross recipient Doris Miller and the ship named in his honor, USS Miller (FF-1091). The original artwork was created circa 1976 by William M. Moser of the Navy Recruiting Command.

U.S. Naval Historical Center photograph

Hawai'i

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One time exemption on chief’s exam for a few E-6s

Lt. Justin Cole

Chief, Naval Personnel
Public Affairs

Chief of Naval Personnel Vice Adm. John C. Harvey Jr. announced Feb. 20 for a one-time exemption to approxi-

mately 650 first class petty officers currently serving in Iraq, Afghanistan, and the Horn of Africa for the spring 2007 advancement cycle.

The original policy, announced in NAVADMIN 290/06, was intended to allow Sailors to focus on their

important jobs in support of the global war on terrorism. Under the policy, Sailors were offered an option of taking an early or a late exam, with the results backdated to the date the exam would have been administered had these Sailors remained in the area of their permanent duty assignment.

After several months of feedback following implementation of these initiatives, policy-makers determined the best interest of these particular Sailors was to re-evaluate the policy.

“We’ve received feedback from all over the fleet and all levels of the chain of command,” Harvey said. “Everyone knows we are trying to do the right thing by our Sailors and we will work to find a process that is fair to them and is in the best interest of the Navy as well. The most important thing is to not disadvantage one Sailor, who is performing this very important job overseas.”

Harvey said that although this one-time exemption from the written exam will enable these petty officers to participate in the upcoming chief petty officer selection boards, his staff is working on a policy to correct the entire process in the near future.

“Chiefs have a unique advancement process with the exam preceding a board,” Harvey said. “Even though we can back date results of a test and convene special boards, there was no replacement for the time in rank lost- sometimes up to 18 months- for these future chief petty officers. While this is true for all ranks, it is especially vital at the E-7 level.”

While Sailors serving on ships and in other regions also face challenges in studying for exams, the exemption is not meant as a relief from a challenging situation, but rather relief from a policy that inadvertently disadvantaged a small number of Sailors.



U.S. Navy photo by MCC Daniel Sanford

Electrical Technician 1st Class (SW) Brian Pintello, a native of Dallas, patrols an area of Al-Shu'llah, Iraq in support of a civil affairs mission. Pintello is an individual augmentee attached to the 414th Civil Affairs Battalion's Headquarters Company. Chief of Naval Personnel Vice Adm. John C. Harvey Jr. announced Feb. 20 a one-time exemption for approximately 650 first class petty officers currently serving in Iraq, Afghanistan and the Horn of Africa for the spring 2007 advancement cycle.

SPAWAR helps Sailors get ‘IT’



U.S. photo by MCC (SW/AW) David Rush

Information Systems Technician 2nd Class Frederick Marshall, assigned to guided missile destroyer USS Hopper (DDG 70), gets hands-on information technology (IT) training. During a two-week period in February, five members of the Space and Naval Warfare Systems Command (SPAWAR) provided IT training for Sailors stationed on board Pearl Harbor-based ships and submarines. The refresher training provided by the Navy reservists of SPAWAR ensures mission readiness for the Sailors who are responsible for operating and maintaining communications equipment within their respective operations departments.

Construction activities around Pearl Harbor



Naval Facilities Engineering Command Hawai'i

Construction of public-private venture (PPV) housing on Ford Island will begin soon. There are two areas to be developed with the following timelines and dwelling numbers:

- PPV north (adjacent to Knob Hill housing community) includes 102 single family dwellings. Estimated completion is April 2008.
- PPV south (adjacent to the southwest end of the runway) includes 129 single family dwellings. Estimated completion is August 2008.

Scheduled road closures:

- Pearl Harbor Naval Shipyard - Parking lot C will be closed for repaving through Feb. 28.
- Fleet and Industrial Supply Center Pearl - There will be a partial closure of Vincennes Avenue (down to two lanes) and parallel parking by buildings 474 and 475 will be unavailable due to the replacement of a water line through April 9.
- Naval Station Pearl - Crosswalk lights will be repaired at the intersection of Bole and Battleship Drive on Feb. 24-25 (8 a.m.-3:30 p.m.).



(Above) Surging ahead in the South Pacific, the Nimitz-Class nuclear powered aircraft carrier USS Ronald Reagan (CVN 76), along with the guided-missile destroyer's USS Paul Hamilton (DDG 60) and USS Russell (DDG 59), performed a fueling at sea. The Ronald Reagan Carrier Strike Group is currently underway on a surge deployment in support of U.S. military operations in the Western Pacific.

U.S. Navy photo by MCC (SW/NAC) Spike Call



U.S. Navy photo by MC2 Mark G. Logico
Damage Controlman 3rd Class Taquisha Sims, right, unloads her firearm during small arms qualification aboard guided missile destroyer USS O'Kane (DDG 77). O'Kane, which conducted flight and integrated strike group operations off the coast of Guam, is transiting west as part of the John C. Stennis Carrier Strike Group (JCSSG) toward the U.S. Central Command area of responsibility (AOR) as part of a deployment to promote peace, regional cooperation and stability.



U.S. Navy photo by MC2 Mark G. Logico
Ship's Serviceman Seaman Amber Wika cuts the hair of Lt j.g. Christopher Beck aboard guided missile destroyer USS O'Kane (DDG 77). O'Kane, part of the John C. Stennis Strike Group (JCSSG), was conducting flight and integrated Strike Group operations off the coast of Guam as part of a deployment to promote peace, regional cooperation and stability.



U.S. Navy photo by MC2 Mark G. Logico
With Fire Controlman 1st Class Kerry Coleman watching as a safety observer, Fire Controlman 3rd Class Jacob Whitney and his crew conduct loading of the close-in weapons system (CIWS) 20mm Phalanx machine-gun aboard guided missile destroyer USS O'Kane (DDG 77). O'Kane, which conducted flight and integrated strike group operations off the coast of Guam, is transiting west as part of the John C. Stennis Carrier Strike Group (JCSSG) toward the U.S. Central Command area of responsibility.

USS John C. Stennis Carrier Strike Group arrives in Fifth Fleet

Lt. Nathan Christensen

Commander, U.S. Naval Forces Central Command/Commander, U.S. Fifth Fleet

The USS John C. Stennis Carrier Strike Group (JCSG) entered the U.S. Fifth Fleet area of operations (AOO) Feb.19 to conduct maritime security operations (MSO) in regional waters as well as to provide support for ground forces operating in Afghanistan and Iraq.

Led by Rear Adm. Kevin Quinn, Commander, Carrier Strike Group (CSG) 3, the strike group includes the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74), Carrier Air Wing (CVW) 9, Destroyer Squadron (DESRON) 21, the guided-missile cruiser USS Antietam (CG 54), guided-missile destroyers USS O’Kane (DDG 77), homeported at Pearl Harbor, and USS Preble (DDG 88), and the fast combat-support ship USNS Bridge (T-AOE 10). More than 6,500 Sailors and Marines are assigned to JCSG.

“The USS John C. Stennis Carrier Strike Group is here to help foster stability and security in the region,” said Quinn. “We look forward to working with our coalition partners to provide support for ground forces operating in Iraq and Afghanistan, as well as conducting maritime security operations that help provide a safe environment for shipping within the region. We are ready, we are sustainable, we are flexible and we provide significant capabilities



U.S. Navy photo by MC3 Ron Reeves

USS John C. Stennis (CVN 74) transits the Pacific Ocean prior to a photo exercise showcasing the entire John C. Stennis Carrier Strike Group (JCSG) off the coast of Guam.

that contribute to regional peace and security.” MSO helped to set the conditions for security and stability in the maritime environment as well as to complement the counter-terrorism and security efforts of regional nations. These operations deny international terrorists use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.

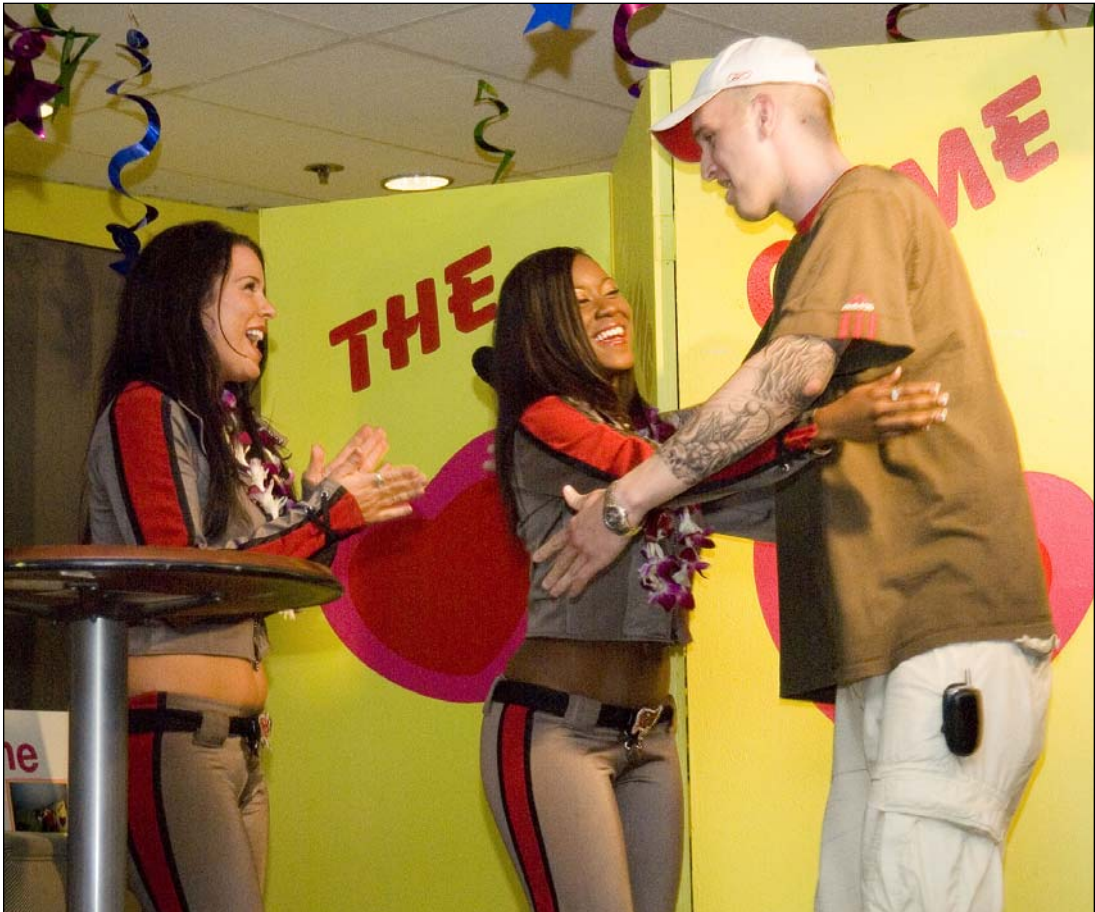
U.S. Fifth Fleet’s AOO encompasses 2.5 million square miles of water and includes the Arabian Gulf, Arabian Sea, Red Sea, Gulf of Aden, Gulf of Oman and parts of the Indian Ocean.

Sivler Dolphin Bistro serves up southern style



U.S. Navy photo by MCSN John Wallace Ciccarelli Jr.

Store Keeper 2nd Class (AW) Dieu Ngo gets a plate of southern style food from the Silver Dolphin Bistro during a lunch to celebrate African American Heritage Month. The annual observance gives people of all ethnic backgrounds the opportunity to understand the cultural background of African American history.



U.S. Navy photo by MC2 Ben A. Gonzales

Navy Storekeeper 3rd Class Shane Glendening of Naval Station Pearl Harbor gets a hug from his new date for the night, a Tampa Bay Buccaneers' cheerleader, as Navy Region Hawai'i MWR and Armed Forces Entertainment (AFE) kicked off a belated Valentine's Day dating game on Feb. 17 at Beeman Center for the Sailors of Pearl Harbor.

Cheerleaders and Sailors join in Valentine Dating Game

Story and photo by
MC2 (SW) Ben A. Gonzales

Public Affairs Center
Detachment Hawai'i

Sailors at Naval Station (NAVSTA) Pearl Harbor were given an opportunity to win a 'date' with Tampa Bay Buccaneers' cheerleaders at a belated Valentine's Day dating game held Feb. 17 at Beeman Center.

The cheerleaders were visiting military installations worldwide and were in Hawai'i as part of the 2007 Military Appreciation Tour.

The Valentine's Day dating game was the Morale, Welfare and Recreation (MWR) version of the TV show "The Dating Game." The cheerleaders asked sometimes thought-provoking, and generally amusing, questions to the Sailors.

The Sailors and the cheerleaders started the night with a social hour that included a free barbecue meal at the "Liberty in Paradise" center.

Following the meal, the Sailors and cheerleaders walked over to the Beeman Center located close by to take part in the dating game event.

"It's a fun activity. I'm really grateful that the MWR and the Armed Forces Entertainment set this up. It gives us a chance to get out, laugh at ourselves and others among us, as well as having a great time," said Electricians Mate 3rd Class Samuel Whithorn from USS Columbia (SSN 771). "I think the hardest question was singing "Hit Me Baby One More Time" because I am a country music fan. I do not listen to Britney Spears," he added.

The cheerleaders and winning Sailors went on a group date later on that evening at Club Pearl which included

snacks, billiards and beverages. "It's a great time and I won a date with a cheerleader!" said Navy Storekeeper 3rd Class Shane Glendening from NAVSTA Pearl Harbor.

"We are here to boost the morale of the Sailors. We really appreciate what they do for us. They leave far away from home to go and defend our country. This is the least we could do for them," said Veronica Serna, a Tampa Bay Buccaneers' cheerleader

"We are traveling to all the U.S. military bases and giving back to the Sailors and military members that are serving our country. We are only gone away from our families for 18 days at a time so we really give the military respect for leaving their families for so long," she added.

MIDPAC Sailor of the Year recognized



Rear Adm. T. G. Alexander, Commander, Navy Region Hawai'i, and Commander, Naval Surface Group Middle Pacific, paid a visit to Pearl Harbor-based USS Hopper (DDG 70) to announce the selection of Interior Communications Electrician 2nd Class (SW) Dorothy Favors as the MID-PAC Junior Sailor of the Year. Alexander also presented Favors with the Navy and Marines Corps Achievement Medal.

U.S. Navy photo

VP 47 tying down for safety



U. S. Navy photo by MC2 Ian W. Anderson

In preparation for heavy winds that were recently forecasted to be 65 miles an hour, Sailors from Patrol Squadron Four Seven's maintenance department secured a P3-C Orion to the runway. When winds are forecasted to be strong enough to risk damaging personnel and equipment, naval aircraft are tied down to ensure stability and safety.

